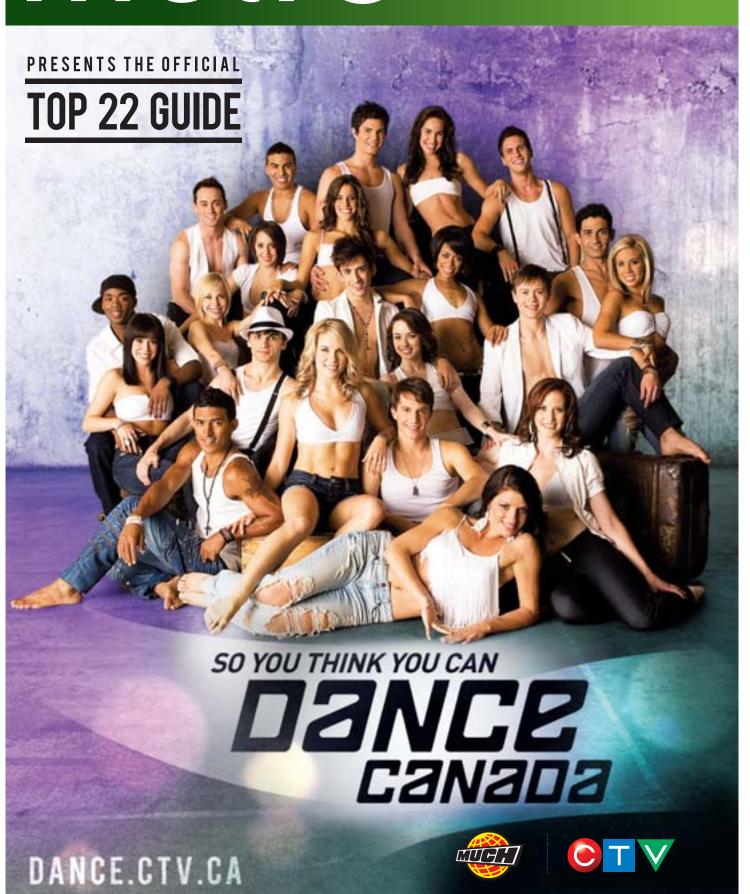
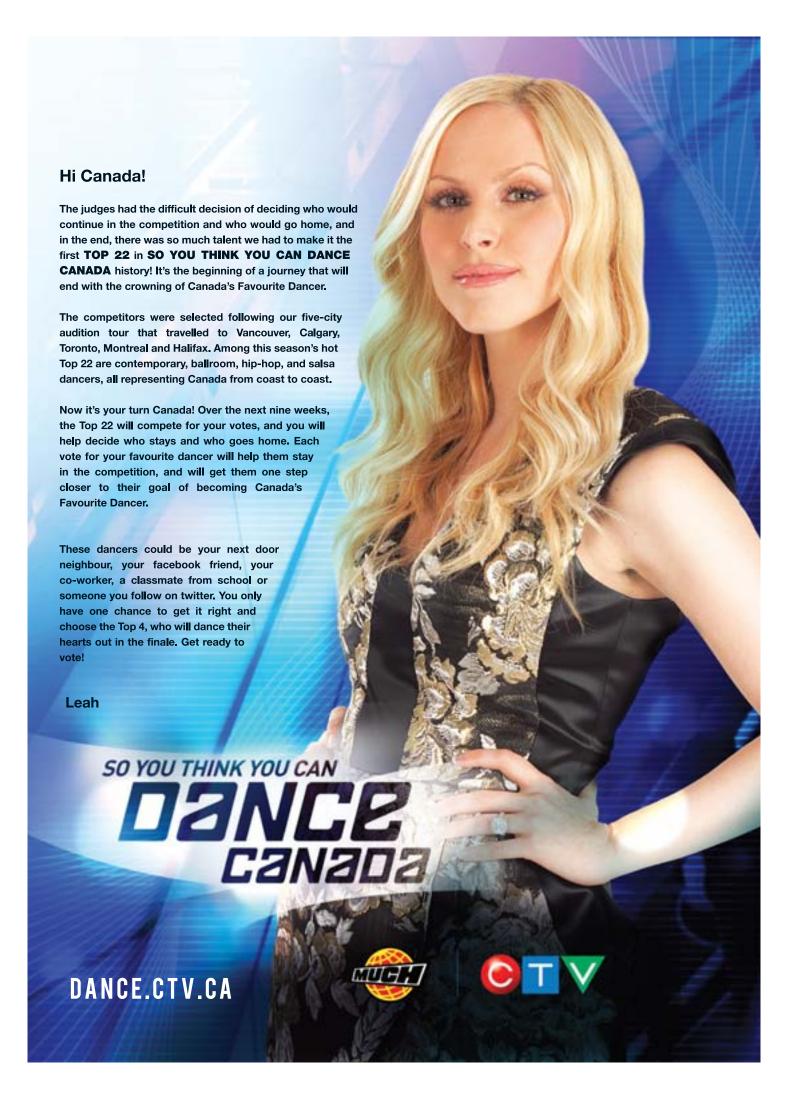
## metrifax etre

Monday, August 23, 2010 www.metronews.ca









VIDEO OF BEATINGS DRAW OUTRAGE

BROTHERS KILLED IN PAKISTAN (page 5)

WORKING THE GRAVEYARD SHIFT? TIPS FOR KEEPING IT ALL TOGETHER (page 15)



POP STAR
HOW TO BUILD
YOUR OWN
SCENE (page 8)

nalifax etre

Monday, August 23, 2010 www.metronews.ca



Share this copy with a friend



### Herd drop Sea Dogs in opener

The Mooseheads beat the Sea Dogs 4-3 in their QMJHL preseason home opener yesterday at the Forum. The win avenged a loss to the Sea Dogs in Saint John on Saturday night.



Local media race at Scotia Speedworld {page 4}

### Cubs coach hangs up hat

Baseball vet Piniella enters immediate retirement {page 18}

# Taking a byte out of crime

► Facebook, Twitter could soon become part of Crime Stoppers program ► World Trade and Convention Centre to host group's training conference this week

**крвую н к п у**д и "like" on Facebook.

Crime Stoppers International is looking to implement a social media aspect to its much-used program.

Crime Stoppers now offers a secure and anonymous text-messaging and email service that has been highly effective, says longtime Nova Scotia Crime Stoppers Association volunteer Wayne Noonan. Incorporating social media is the next step, he

"We're finding today a lot of people communicate through social networking," Noonan, a former RCMP officer in the province, told Metro yesterday. "We're looking for new ways to take advantage of this type of networking to see if we can advance our programs around the world."

More than 350 delegates representing 26 countries in Crime Stoppers International will be in Halifax starting today for the program's 31st annual international training conference.

Police advisers, volunteers and media partners will be trained over three days in

**5,824**The number of charges through the Crime Stoppers program.

social media, diversity and integrity programs.

Some of the countries participating in the conference include the United Kingdom, Australia, South Africa and Trinidad. The countries will be divided into regions and training will vary depending upon the regions specific needs.

Since its inception in 1987, the program has awarded more than \$220,000 for tips leading to arrests in Nova Scotia.

"The program is very effective for our police departments," he said. "We save time and effort."

He said the program has helped close more than 5,200 previously unsolved crimes, and led to almost \$9 million in illegal drugs being seized around the province and close to \$4 million in stolen property being recovered.

ALY THOMSON



### 



DARTMOUTH www.lumbermart.ca





- Download the free ScanLife your smartphone at 2dscan.com
- Use the ScanLife application on your smartphone to scan 2D barcodes in Metro
- The codes will direct your mobile browser to relevant

On the web at metronews.ca

Guidy Mamann explains why honesty is the best policy when crossing the border. More at metronews.ca/ immigration

### Deadly weekend on N.S. highways

Two men were killed on Nova Scotia highways this past weekend.

One of the crashes occurred near Lower Sackville on the Bedford bypass early on Saturday night.

A 27-year-old man went off Highway 101 on his motorcycle and crashed into the guardrail, said Halifax RCMP spokesman Sgt. Alan Mann.

Jeffrey Sheppard was rushed to hospital by paramedics and was pronounced dead

Halifax RCMP are investigating the crash, which happened at about 6:20 p.m. Police say it's not known whether speed or alcohol played a factor.

Earlier Saturday morning, a crash on Highway 104 claimed the life of a 26-year-old man.

Just after 7 a.m., a car was travelling towards Antigonish near New Glasgow when it left the road, destroying a sign and

landing on its roof in a field on the other side of the highway.

The driver died at the scene and two passengers, a 26-year-old man and a 24year-old woman, were taken to hospital with serious injuries. The cause of the accident is unknown.

The accident came just four days after another crash on Highway 104 killed two men.

**METRO HALIFAX WITH FILES** FROM THE CANADIAN PRESS

### Highway woes

- A provincial Environment Department official says an oil spill that occurred after a deadly highway crash on Highway 104 last week has been contained by booms.
- A tanker truck collided with a pickup truck on Wednesday, resulting in the deaths of both drivers.
- ▶ They have been identified as Ralph Michael Coady, 60, of Fraser's Mountain, and Christopher Walsh, 37, of Smith's Creek, N.B.
- Kim Bard, an inspector for the Environment Department, estimates about 70 people in total have been involved in the cleanup, which was to continue through the weekend.

# Officials warm up to new transit hub

New garage cuts down on idling, fumes Dudget concerns won't slow transit expansion: Spokeswoman



The new Ragged Lake Transit Centre will cut down on the amount of idling buses this winter.

The facility employs heated flooring to keep buses warmer when they are parked overnight. This, combined with a de-icing and snow removal system, means buses require only 10 to 15 minutes to warm up in the morning, according to John Blood with Metro Transit.

Previously, buses required around half an hour of idling before they were fully operational in the winter — taking a toll on both municipal resources and the environment.

On Friday, the municipality held a ribbon-cutting ceremony at the Ragged Lake facility — a multimillion-dollar project with provincial and federal contributions. Mayor Peter Kelly said the facility was a step on the road to longterm sustainability.

In addition to expanding capacity for service, the Ragged Lake Transit Centre will also increase efficiency, according to Metro Transit spokeswoman Lori Patterson.

"The opening of (the) Ragged Lake Transit Centre ... signifies the culmina-



tion of the planning that we've been doing over the

last two years," she said. "Long term, (the facility will) make our community more sustainable.



ANY SIZE, ANY STYLE, WE BUILD THEM ALL



### Nova Scotia's Garage Builder

- Industry leader in garage building
- Guaranteed lowest price
- Outstanding quality
- On time, all the time
- We have built hundreds of garages
- Friendly professional staff
- We handle every step, from permit to clean up!

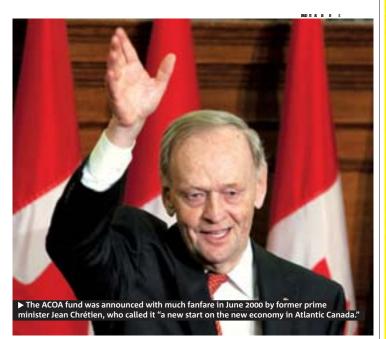
482.4767 • BestBuiltStructures.ca







Bring this ad in and save the HST on funeral prearrangements.



### 90% of ACOA loans not paid back: Documents

• Agency considers fund a success due to expertise, inventions created • Two companies repaid most funds

About 90 per cent of federal loans given to the first group of Atlantic technology firms under a highly touted assistance program announced a decade ago are unpaid.

Almost eight years ago, Ottawa started loaning \$33.2 million to 17 companies through the Atlantic Innovation Fund, which aims to boost research and development.

The Atlantic Canada Opportunities Agency, which runs the fund, had recovered \$3.2 million as of April, according to docu\$41M<sup>Of the \$41</sup> paid out under that program, eight per cent has been repaid and \$3.5 million writ-

ments obtained through access-to-information legislation.

The fund was announced with much fanfare in June 2000 by former prime minister Jean Chretien, who called it "a new start on the new economy in Atlantic Canada.'

Michele Bernier, a spokeswoman for the agency, said research companies typically take up to 10 years to "reach maturity," and therefore it is too early to expect the level of commercial success that

triggers repayment.

But Harvard Business
School professor Josh Lerner said if the federal government wishes to recover a higher percentage of its investment, thereby making more funds available for future investments, the provisional loans are a questionable method.

THE CANADIAN PRESS

MEAT COVE

### **About 80** stranded by bridge closure

Residents of Meat Cove, in northern Cape Breton, are stranded after the main road into town was seriously damaged by heavy rains.

The rain overnight Saturday severely damaged and forced the closure of the Salmon River The Nova Scotia Emergency Management Office estimates that between 25 and 35 residents are in Meat Cove, as well as about 50 campers.

Michelle Perry, a spokeswoman for the office, said yesterday a structural engineer would visit the site today to assess the damage to the bridge.

She had no estimate on when it would be repaired.

Until the bridge is fixed, Meat Cove is accessible only by boat or helicopter. THE CANADIAN PRESS

### One person in hospital after fire

One person was taken to hospital after firefighters were called to a hotel near the Halifax Stanfield International Airport yesterday morning.

A call came in from the Quality Inn Halifax Airport on Sky Boulevard around 7:30 a.m., with the blaze causing smoke and water damage, according to a regional emergency spokesman. The cause of the fire is under investigation. • METRO HALIFAX

### **GUARANTEED LOWEST** LONG DISTANCE RATES!





If you're paying less with your current provider, call us and we'll beat it... GUARANTEED!

1-866-519-80

• Metro's managing editor dons a racing helmet and puts the pedal to the metal for good cause • Winds up finishing sixth after starting first • No accidents in 15-lap race, but a couple of spinouts



# Local media going in circles for charity



If it was me, I would be seriously stressed out.

Sweat would be running down my face.

A swig of something would be needed to take the edge off.

Not so for Joey Lawson. The 27-year-old wasn't showing any nerves about watching his pride and joy No. 27 Tirecraft Thun-der Car being driven around a 0.3-mile oval track 15 times by a newspaper editor who had zero racing experience and only two days previously gotten behind the wheel of a standard for the first time.

Yet, there was my new pal Joey, giving yours truly some much-needed lastminute tips (like how to switch gears) prior to me leading nine media "celebrities" onto the track for a 15-lap charity



### Final results

How the media finished in Friday night's race. The winner received \$1,000 towards his favourite charity.

- Matt Bubbers, 1Chronicle-Herald
- 2<sup>Ted Hyland</sup> 96.5 Kool FM
- Ray Bradshaw 3 Global TV

race as part of Scotia Speedworld's popular Fri-

day night racing series Now don't get confused

Pat Healey 4 Weekly Press

Geoff Walsh 589.9 Hal FM

Philip Croucher 6 Metro Halifax

Denvse Siblev Country 101.9

8 Cyril Lunney

and think me landing the pole position had anything to do with talent unless you call picking

Bobby MacDonald

### "Well, right now I'm trying to teach him how to drive a standard."

STOCK CAR RACER JOEY LAWSON, WHEN ASKED BY THE SCOTIA SPEEDWORLD MC THE TIPS HE WAS GIVING YOURS TRULY.

No. 1 from a jar of nine balls talent.

After getting into loev's four-cylinder Honda and buckled in with his help, I was ready to roll.

He told me to turn the

car on and get going. Done and done.

I also needed to find without second gear without stalling behind the pace car.

And we're good again. Guess who's getting cocky?

It didn't last long.

After leading the cars around a corner to a waving green flag, I held the No. 1 position for all of five seconds, when Matt Bubbers - a freelance automotive reporter for the Chronicle-Herald whizzed past on the outside, never to be seen again

For me though, I was happy. I had the car racing at a nice clip, and was fifth through 10 laps

That's when trouble struck.

To try to make top three, I decided to go into third gear.

Instead of speeding up, I slowed down, lost all ac-celeration and was passed on both sides.

Somehow, I found my beloved second gear again and made up a spot to finish sixth.

More importantly, not a scratch to Joey's car

He had to be happy maybe even proud?

OK, he only told me I did "great." You know, I did do pret-

ty well. I was still standing and had an absolute blast. I can't wait to do it

again - someday.

### Cops probe North **Preston** shooting

Police are investigating a shooting in North Preston

Halifax RCMP respond-ed to reports of a shooting on Cain Street shortly after 9 p.m.

It's been reported the victim was taken to QEII hospital with non-lifethreatening injuries. It is not known where on the body the victim was wounded

No arrests have been made in relation to the in-

@ METRO HALIFAX

### **Bear spray** ends in arrest

A man was arrested and charged in relation to two bear-spray attacks this weekend in Cape Breton.

The man, a 21-year-old from Eskasoni, allegedly attempted to rob a cab driver early Saturday morning in Membertou, attacking the driver with the irritant.

Police allege later that day he stole from a store at the Sydney Shopping Centre, spraying two employees in the process.

The employees were treated at Cape Breton Regional Hospital.

THE CANADIAN PRESS

### Five charges

The man will appear in a Sydney court this morning to face five charges, including robbery and assault with a weapon.

### Labour dispute over at Farmers

Workers at a Nova Scotia dairy ratified a new threeyear collective agreement Friday, officially putting an end to a six-week labour dispute.

A tentative deal was reached Thursday between Farmers Dairy and the Communications, Energy and Paperworkers union.

The union and the company had been at odds over whether the work stoppage was a lockout or

THE CANADIAN PRESS

### **Feds will** match flood donations

The federal government moved yesterday to kickstart giving for Pakistan flood relief by offering to match private donations dollar for dollar.

Donations for flood aid made between Aug. 2 and Sept. 12 will be matched by federal money with no upper limit, Government House leader John Baird said.

The government has set up the Pakistan Floods Relief Fund to handle the aid, and it will be administered through the Cana-International Development Agency.

The matching funds will be on top of the \$33 million already pledged by Canada.

Similar programs helped spur donations for winter's Haitian earthquake and the 2004 tsunami and the federal government had been criticized by some, includ-



'To those who say we're not doing enough, we're the fifth largest contributor in the world."

IOHN BAIRD. GOVERNMENT HOUSE LEADER

ing the opposition Liberals, for not moving faster to promise matching funds.

Baird said that the tsunami and the quake unfolded differently.

THE CANADIAN PRESS

NEAR GROUND ZERO

### **Imam has** hopes for mosque

The imam spearheading plans for an Islamic centre near ground zero said yesterday the at-

tention generated by the project is positive and he hopes it will bring greater understanding.

Imam Feisal Abdul Rauf's plans for an Islamic cultural

from the World Trade Center site have sparked a political firestorm in the United States. Foes of the project say it is in-sensitive and disrespectful to the victims of 9-11 and their families.

funded by the U.S. State

Department, took heart from the dispute. "It is my hope that people will understand more," the imam told a gathering at the U.S. ambassador's residence ICTIMS in Bahrain.



But Rauf, who is on a 15-day Mideast tour

savagely beating two brothers teenage sticks, drawing blood before dragging and hanging their dead bodies from a nearby pole. None of the dozens of people watching tried to stop the attack, not even several police. The boys may have been mis-

video and broadcast on

news channels, has outraged and anguished Pakistanis, some of whom are asking if years of state neglect have brutalized society. It also is a blow to the already-shoddy image of the government as it appeals for international aid to

cope with disastrous floods. "Is this what we are? Savages?" asked an editorial in The News, an English-language daily. "So utterly

bereft of a speck of humanity that a crowd of ordinary men are passive spectators to public murder?"

The killings occurred Aug. 15 in Sialkot, a town in Punjab province. Authorities appear confident the two boys — Moiz Butt, 17, and his brother Muneeb, 15 - were innocent.

The two went to play cricket after praying and eating breakfast, carrying a

bag with them containing game equipment, said Mujahid Sherdil, a top government official in the district.

An armed robbery had taken place in the vicinity of the cricket field, so residents were on alert and po-

lice were nearby.

Apparently, when the boys appeared with a bag, they were thought to be the robbers, a government official said. THE ASSOCIATED PRESS



Ignatieff down on the farm

The Bakerview EcoDairy demonstration farm is the first of its kind in Canada and showcases innovative and sustainable dairy farm practices. Ignatieff is on a cross-country summer tour.

# Savage beatings shock Pakistan

Government orders two inquiries into deaths Origins of video unknown O Similar incidents have also been caught on video recently Pakistani men took turns





# Phone market rattled

♠ Manufacturers were spooked and reined in investment after a 30% drop in chip sales in the beginning of 2009

The seemingly recessionproof smartphone is suffering from a side-effect of the rough economy: Manufacturers can't build enough of the gadgets because chip makers that rolled back production last year are now scrambling to play catch up.

The chip shortage means Apple Inc.'s rivals are having trouble making enough phones to compete with the iPhone, a problem expected to persist through the holidays.

THE ASSOCIATED PRESS

### Higher prices?

Unlikely Phone prices are heavily subsidized by carriers, and competition in the industry means it's likely someone in the supply chain will absorb higher prices for the chips.

84% Worldwide in the chip industry is expected to grow 84 per cent this year, to \$47.5 billion.



## HST fuelled inflation in July

New harmonized sales taxes in some provinces pushed up Canada's inflation rate last month — but the increase was still softer than what many economists had forecast.

Canada's annual inflation rate rose by eighttenths of a point in July to 1.8 per cent. Month-tomonth, the consumer price index rose half a percentage point from June. Statistics Canada says changes in sales taxes in Nova Scotia, Ontario and B.C. affected consumer prices in July.

The governments of British Columbia and Ontario introduced the HST in July. Nova Scotia increased its HST by two percentage points.

The Bank of Canada had forecast the new taxes would increase inflation in the coming months — and they did. Prices were higher across the board, with increases in seven of the eight major components.

### At the checkout

Only clothing and footwear registered lower prices in July.

- The biggest increases were in energy prices, up 7.9 per cent a year earlier. Electricity rose 9.8 per cent in July.
- Transportation costs went up 2.7 per cent in July, while gas prices were higher by 4.8 per cent.

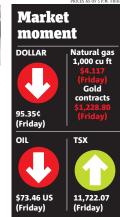
Statistics Canada says the HST accounted for about 1.3 per cent of Ontario's 2.9 per cent yearover-year increase, 1.2 per cent of British Columbia's two per cent increase and 0.8 per cent of Nova Scotia's 1.7 per cent increase.

But the head of the agency's consumer prices production section says it's impossible to know the HST's true impact on July's inflation numbers.



"Given that Canada just had one of the bigger price 'events' for quite a few years (the HST), and overall inflation remained below two per cent is quite remarkable."

MARKETS DEPUTY CHIEF ECONOMIST







of Canada, I know my son will learn life-saving defensive driving techniques, emergency maneuvers, head-on collision and rear crash avoidance, and more. Of course I'll still worry...just a lot less.

Prepare for the road ahead. Halifax-Aug. 24-Daytime Dartmouth-Aug. 24-Daytime Sackville-Aug. 24-Daytime



425.1322 • www.yd.com

### TRYING TO RESTORE A BOY'S DIGNITY

### **Urban Compass**

### **STEPHEN** KIMBER



**Nova Scotia's Community** Services Department has upped the ante: Last week it severed family access to a troubled Cole Harbour teenager it had shipped off to an Ontario residential care facility last year.

t will now apply to family court "to vary the current order with respect to access," thus legalizing the elimination of the boy's grandparents from any future role in his care.

Why? According to an Aug. 19 letter to the grandparents from the department, the Ontario facility -Bayfield Homes — believes "family contact has become an obsta-

cle to providing (the boy) with

the treatment he requires in a highly structured residential fa-

Really? Could it be that family contact is an obstacle to the people who run that institution and

who profess to know best what is in the child's present and future best interests?

Let's recap. The

grandparents, who had raised the boy since he was a toddler and acknowl-

edged he needed help they couldn't provide, objected — in public — to the province's plan to send him out of province for treatment.

They went to court in a lengthy but ultimately unsuccessful bid to bring him

home.

They enlisted the aid of a New Brunswick child psychologist and other experts who came up with an alternative plan of care that would have seen the boy returned to Nova Scotia and cared for in a community setting. Two weeks ago,

the government turned down

"Could it be that

family contact is

an obstacle to

the people who

run that

institution and

who profess to

know what is in

the child's best

interests?"

Last spring, Restoring Dignity, a group advocating for victims of institutional abuse, took up the family's cause, bringing

allegations of mistreatment at Bayfield to the attention of various authorities in Ontario, including the province's child advocate.

On July 19, the group organized a press conference to outline allegations the boy had been beaten for asking to go to the bathroom in the middle of

the night.
Ontario Provincial Police are investigating.

No wonder Bayfield isn't hap-

py.
The boy's grandmother, admittedly, can be difficult. She's relentless, even obsessive about what she considers the best interests of her grandson.

Is that so bad? In three years, when the boy turns 18 and Bayfield washes its hands of him, who will be left to look out for his best interests?

### Cartoon

## On the edge of your seat

We asked: What's your all-time favourite action movie?

**TORONTO.** My favourite action movie is Aliens, hands down. James Cameron crafted a suspenseful and actionpacked movie that has characters whose names you can still remember. A total masterpiece that blends horror, action and science fiction.

OTTAWA. It would have to be the original Predator movie from 1987. Anything that has Arnie (Schwarzenegger) in it, I'm there. So, yes, I will be

### **Alien vs. Predator**



seeing The Expendables.

CALGARY. (Green party leader Elizabeth) May recently made comments regarding her perception that democracy is changing for the worse here in

I would have to argue that May herself seems to have a distorted view of democracy. During the last election she stomped her feet and had a hissy fit over not being allowed to take part in the leaders' debate. Yet, her party has never won a single seat in Parliament.

Is this the kind of person Canadians want to represent them on the world stage? IAN DUMMIGAN

What is your **Mount Everest?** 

**Email** halifaxletters @metronews.ca **Twitter** @metrohalifax

Metro has the right to edit letters and submissions.

METRO HALIFAX • 3260 Barrington St., Unit 102, Halifax NS, B3K 0B5 • T: 902-444-4444 • Fax: 902-422-5610 Advertising: 902-421-5824 • halifax\_advertising/Ametronews.ca • halifax\_distribution@metronews.ca

Publisher Greg Lutes, Managing Editor Philip Croucher, Sales Manager Diane Curran, Distribution Manager April Doucette

METRO CANADA: Group Publisher Bill McDonald, Editor-in-Chief Charlotte Empey, Associate Managing Editor Tarin Elbert, Scene/Life Editor Dean Lisk, Asst Managing Editor Amber Shortt, Art Director Laila Hakim, Nat'l Sales Director Peter Bartrem, Interactive/Marketing Director Jodi Brown

### Metro Minute with **Gus the tortoise**

Gus the tortoise celebrated his 88th "hatch day" yesterday at the Museum of Natural History in Halifax. Gus, who has been with the museum since the 1940s, has become one of the most popular attractions of the Summer Street Museum site Gus was born in 1922 in Florida and grew up in a reptile park. He was brought to Halifax

in 1942 and called the Spring Garden Road museum home until moving to the Summer Street museum 40 years ago.

You can visit Gus during regular museum hours Tuesdays, Thursdays, Fridays and Saturdays from 9 a.m. to 5 p.m., Wednesdays from 9 a.m. to 8 p.m., and Sundays from noon to 5 p.m. • METRO HALIFAX



scene

In brief



Sirius XM
satellite radio
will debut a
spoken-word
recording by
Conan O'Brien.
And They Call
Me Mad? will
play at noon ET
today as part of
Sirius XM's Raw
Dog Comedy
Channel.

THE ASSOCIATED PRESS

**Sylvester** Stallone's The **Expendables** topped the North American box office for a second straight week with \$16.5 million US in ticket sales. Twilight spoof Vampires Suck and the Julia Roberts drama Eat Pray Love tied for the second spot.

THE ASSOCIATED PRESS



How to build a pop star

A killer voice

"Traditional musical talents are still important," says Billy Johnson Jr., Yahool Music senior editor and musicologist. "An artist needs to have the basic foundation."

Arthur Gallego of Gallego & Co.
Brand Communications argues that vocal distinctiveness is a plus. "Katy Perry' s voice is unmistakable, whether she's singing solo or a featured artist on

another musician's track," he says. "The talented female pop singers who haven't done as well as Perry and Gaga are the ones who are simply 'just good singers."" Perry



"The pop stars in the '90s got by just with catchy pop songs, even if they didn't have a fully formed pop persona," says Ramisetti. "Stars like Mandy Moore and Jes-

pop persona, says kamisetti. "Stars like Mandy Moore and Jessica Simpson, they got by because they were cute blondes like Britney Spears."

Gallego adds that a brand is essential now. "An artist like Celine Dion, if she had just burst onto the scene two years ago, would not have been as successful today as she was in the '90s, packaged the same way."



O With Katy Perry's latest album, Teenage Dream, about to drop, we dissect what makes these glittery pop stars tick — and bring in the big bucks

O Thank Gaga for the new crop of alien rave rejects

### A catchy song

Yes, the music must be good in order for a pop star to be successful. "Katy Perry came on the pop scene with a song that was really catchy, and the lyrics are risque without actually being subversive," says Kirthana Ramisetti, managing editor of Predicto.com. "Once you go from there, the songs can be good but they don't have to be great."

### A good story

"Today's younger demographic really feasts off the ability to get a peek into their favourite artist's personal life," says Brad Sheehan, intellectual property specialist and client manager at Davie Brown Entertainment.

Access to an artist, especially through Twitter, gives people a story to follow. "Christina Aguilera has an amazing voice, but no one really knows much about her lately and I think that's why her album suffered," he says.



### The look

Gaga is leading the masses with her otherwordly fashions, which seem to have become a requirement of the most mainstream pop stars. "What Lady Gaga is doing is getting so much attention that it's put a shadow on the rest of the pop world," says Tyler Barnett of Tyler Barnett Public Relations. "When you've got her running around in absurd, ridiculous outfits, how do you outfreak that?"





"If a pop star is going to remain timeless, they have to create trends," says Barnett. "If someone is simply doing what everyone else is doing, they're not going to be at the forefront in the media."



metr@dish metronews.ca MONDAY, AUGUST 23, 2010



### Lohan won't be putting on weight

While stuck in rehab, there's apparently nothing Lindsay Lohan wants to do more than exercise, but sources tell TMZ that's one of the one things doctors at the UCLA Medical Center aren't providing for her.

Sources say she hasn't yet received permission to use the gym at the health facility, so the troubled actress has been getting creative, doing push-ups and sit-ups every day in her room

METRO

### **Talking points**

### The naked truth comes out for **True Blood stars**

SHOWING ONCE AGAIN YOU CAN GO FROM HOT TO YAWN IN A WEEK Although they're currently on the cover of Rolling Stone naked and covered in blood along with co-star Alexander Skarsgard, True Blood's Anna Paquin and Stephen Moyer tied what sounds like a very traditional

knot over the weekend. The couple was married on a beach in Malibu, according to People.com.

But considering that Moyer — to the frenzied delight of Metro staffers opened up about the hotness of bloody undead sex during our interview with him last year, we were expecting something a little less Martha Stewart Living. METRO

### **Celebrity tweets**





are the Devil



neen] people who eat white bread have no dreams.



Sarah Silverman [@SarahK-Silverman1

I've been poking holes in my birth control pills.



♠ METRO

CASINO

### ADMITTING YOU WANT **TO WIN PRIZES & GET GREAT DISCOUNTS** IS THE FIRST STEP.

JOIN CLUB METRO TODAY! CLUBMETRO.COM



09



Visit metronews.ca to watch metr@tube





**EVER BEEN CAUGHT BY A** 

to re-create a moment ruined by your worst bathroom mishap. Diarize your story for a chance to WIN!

(your story must be min 50 to max 150 words)

Submit your story today at metronews.ca/imodium

\*No purchase necessary. Enter online at http://www.metronews.ca/modium by completing member entry form and submitting your story. Contest entry for story submissions runs from August 41, 2010 to August 15, 2010 voting entry runs from August 12, 1010 to the Contest does on September 12, 2010 timin one (1) entry person during the contest period. There is One (1) Grand Prize available of \$500.00 CDM cash and There (1) secondary Prizes each consisting of \$300.00 CDM cash available to be won. There are there (3) Testing each consisting of \$300.00 CDM cash, to be won by random draw among all eligible votes entries. Must be a resident of Navo Sciol, Ontario, Albetta or British Columbia, who is age of majority or older at time of extended prizes of social, Ontario, Albetta or British Columbia, who is age of majority or older at time of election of the social content of the Sciol Columbia or the Sc

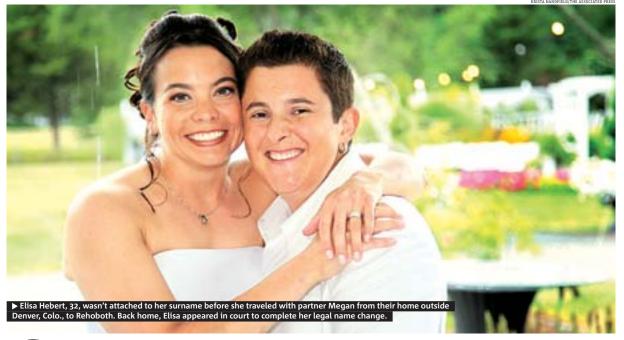


### Don't retire sunglasses for fall



Parents should be aware that harsh sunlight remains outside, even as summer turns to fall. 'Children need the protection of good sunglasses just as much as adults do" says Bijan Minbashion, vice president of operations for Hakim Optical. "So many of their activities are outdoors and in direct NEWS CANADA





# Gay partners change names

Some see practical benefits to changing their surname, such as proof of medical status in emergencies • Others want to identify their union

In October 2008, racing against California's gay marriage ban, Chloe and Frankeny wed Frankie legally in San Francisco with one chore done: Chloe had taken her wife's name two years before.

'It was the only way we had to fit into a mainstream role that was understandable to anybody.' said Chloe, managing editor of a fashion website. "When I told my father I was taking Frankie's name he was sort of blown away because I definitely consider myself a feminist.'

With a battle over the state's ban on gay marriage possibly headed to the U.S. Supreme Court, it's likely more same-sex couples will do the same.

For the Frankenys, the name switch couldn't magically grant all the marriage benefits denied legally wed same-sex cou"With the same last name we could say we were sisters. We've all heard stories of partners kept apart in ER."

CHLOE FRANKENY, EDITOR

ples when compared to one man, one wife, but it was one more way to express their union. It's a symbol rendered even stronger

now that gay marriages are on hold in California, and for partners who've never had the option.

A name-change for gay couples isn't always as simple as trotting out a marriage certificate, the proof most required in heterosexual marriage. Emotionally, the journey is about love, commitment - and a way to ease anxiety over being misunderstood as non-relatives in emer-

### Name game

Up to 95 per cent of heterosexual couples marrying for the first time legally adjust their surnames.

Career move Professional identity before marriage motivates others in samesex and hetero couples to keep their original names informally or use them as middle names.

gency rooms or considered

less-than as parents. Kirsten Palladino, who runs online gay wedding zine Equallywed, shed Ott for the surname of her partner, Maria, last year without a state-sanctioned union in Georgia. She's seeing more couples go to court for name changes, settling on hyphenation or partner's surname one over the other.

THE ASSOCIATED PRESS



"The best way to earn customers is through trust."

Apply at maritimeprovinces.bbb.org

MEET YOUR **TOP 22** DANCERS 50 YOU THINK YOU CAN DANCE CANADA DANCE.CTV.CA

# TOP 22 DANCERS

- 1) If you could dance with any person living or dead, who would that be?
- 2) What is your pre-audition or performance good luck ritual?
- 3) What is your favourite movie-musical?
- 4) What lengths would you go to to win this competition?
- 5) Are you on team Benji Schwimmer or Lacey Schwimmer?

# CONTEMPORARY MISSISSAUGA, C



- 1) Jennifer Lopez
- 2) I try to focus and drain out everything happening around me
- 3) Grease 4) I'd never go on Facebook ever again!! 5) Team Lacey



**BREE WASYLENKO, 22** 

- 1) Jillian Meyers
- 2) I close my eyes and take deep breaths for 30 60 seconds
- 3) Moulin Rouge 4) To infinity, and beyond! 5) Team Lacey



ORONTO, ON

MONTREAL.

TORONTO, ON

**CONTEMPORARY JAZZ** BC ABBOTSFORD.



- 1) Bob Fosse
- 2) Hove my warm up time 3) Rent
- 4) It would go to every length to win this competition 5) Team Lacey



1) Janet Jackson

- 2) I have to wear all my rings!
- 3) Grease 4) I'll walk to Australia and back! 5) Team Lacey



CONTEMPORAR



### **DANIELLE GARDNER, 21**

- 1) Derek Hough or my Grandpa
- 2) I never shave my legs the night before a performance 3) Moulin Rouge
- 4) I'm dedicated to putting every ounce of energy, effort and enthusiasm into my success in this competition 5) Team Lacey

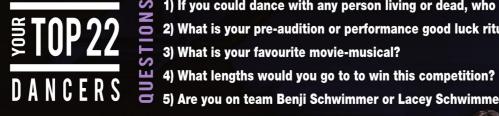


### DENYS DROZDYUK, 25

- 1) Mikhail Baryshnikov
- 2) I always have to go through the same warm up 3) Moulin Rouge
- 4) As long as nobody gets emotionally or physically hurt, everything
- is allowed! 5) I have absolutely no idea!







1) If you could dance with any person living or dead, who would that be?

2) What is your pre-audition or performance good luck ritual?

5) Are you on team Benji Schwimmer or Lacey Schwimmer?

### KIRSTEN WICKLUND. 20

1) Jiri Kylian and George Balanchine 2) I get pumped up and energized to music, and then just focus on what I am about to perform 3) Grease

4) I would definitely go to the most infinite lengths to win this competition!

5) I am just on team Schwimmer!

### KLOÉ SCHULTZ, 20

- 2) I chew gum and remove it right before I step on stage
- 3) Grease 4) I would stop tanning 5) Team Lacey!

### MACKENZIE GREEN. 20

1) Michael Jackson 2) I knock on wood whenever someone says "Break a Leg" 3) The Wizard of Oz 4) A lot of sacrifices will have to be made which I'm prepared to make 5) Team Lacey

### NATHALIE HEATH, 23

1) Gene Kelly 2) I close my eyes and take very deep breaths

3) It's a tie between Singing in the Rain and Chicago 4) I strongly believe in the power of focusing all my energy into something I want 5) Team Lacey!

### SEBASTIAN MERSCH.21

1) Bob Fosse 2) I wish people "Merde" and do a little something called the "shake down" to loosen up my nerves 3) The Rocky Horror Picture Show 4) "I would walk 500 miles, and I would walk 500 more" probably even longer maybe even swim through the Nile... or trek through the Grand Canyon 5) Team Lacey

### SHAVAR BLACKWOOD. 25

- 1) Blake McGrath
- 2) I "meditate" in the washroom
- 3) The Lion King 4) I would kiss feet!
- 5) Team Lacey all the way!

### SHELAINA ANDERSON.19

1) Patrick Swayze

2) I listen to my music on my ipod while doing a ballet barre warm up to find my centre 3) Grease 4) Anything and everything, without compromising my dignity 5) Team Benji!

### YONNI FOURNIER, 27

- 1) Justin Timberlake
- 2) I close my eyes and clear my mind for 10 seconds
- 4) I will leave my heart on the stage every time I step onto it
- 5) Team Lacev





CONTEMPORARY Regina, SK

CONTEMPORARY TORONTO, ON

CTV.DANCE.CA



ORONTO.

EMPORARY REY, BC











## Nutritious and delicious



Forget about serving pie or a traditional cake Blueberry cinnamon coffee cake is delicious served for any occasion

### Ingredients:

- 750 ml (3 cups) locally grown blueberries
- 125 ml (1/2 cup) icing sugar, divided
- 10 ml (2 tsp) cinnamon, divided
- 125 ml (1/2 cup) all-purpose flour
- 75 ml (1/3 cup) cold butter, cut in bits
- 125 ml (1/2 cup) finely chopped walnuts

- 125 ml (1/2 cup) butter, softened
- · 250 ml (1 cup) granulated sugar
- 5 ml (1 tsp) vanilla
- 500 ml (2 cups) allpurpose flour
- 5 ml (1 tsp) baking
- powder • 1 ml (1/4 tsp) salt
- . 5 ml (1 tsp) baking soda

This moist cake tastes good for breakfast, brunch or dessert served with a slice of cheddar cheese.

### Preparation:

### Topping:

- In a small bowl, stir together blueberries and half each of the icing sugar and cinnamon; set
- In another small bowl, stir together flour and remaining icing sugar and cinnamon. Cut in butter until texture resembles coarse crumbs. Stir in walnuts. Set
- Cut in butter until texture resembles coarse crumbs. Stir in walnuts. Set aside.

In a large bowl, cream butter with sugar until light and fluffy. Beat in eggs, one at a time. Beat in vanilla.

- In a separate bowl, sift or stir together flour, baking powder and salt. Stir baking soda into sour cream.
- Stir half of the dry ingredients into butter mixture. Add sour cream; stir in remaining dry ingredients.
- Spread in greased 3.5-l (9-by-13-inch) metal cake pan, smoothing with spatula. (The batter is thick.) Sprinkle with blueberry mixture. Sprinkle walnut mixture evenly over top.
- Bake in a 180 C (350 F) oven until skewer inserted in centre comes out clean, about 35 minutes.

THE CANADIAN PRESS

# Superfood:

Papaya contains a number of vital proteindigesting enzymes including papain. Papain has been shown to decrease inflammations and improve healing from burns. They are also a great source of Vitamin A and C (obtained from the anti oxidant beta carotene) which are necessary elements contributing to a healthy immune system.

ROMINA MCGUINNESS/ METRO WORLD NEWS

### Versatile afternoon dish

### • Chicken grinders can be used on just about anything

The best weeknight recipes are those that are versatile enough to work not just with what you want, but also what you have.

As in this simple recipe for sweet-and-sour chick-

In a creative take on this classic Asian takeout, the lightly sweet and tangy chicken is intended to be nestled into a sub roll.

But if you don't have any or simply aren't in the mood, it does just as well over noodles, wrapped in a flour tortilla or even ready - over rice.

Likewise, you could turn this into a sweet-and-sour beef or pork by using an equivalent amount of sirloin or pork tenderloin (adcooking times as needed).

If vegetarian is more your style, cubes of extrawater-packed tofu

Need to know:

Ingredients:

rice vinegar

Start to finish 25 minutes

• 30 ml (2 tbsp) soy sauce

15 ml (1 tbsp) seasoned

• 5 ml (1 tsp) hot sauce

# chicken grinder

would be delicious, would the wheat protein known as seitan.

Even the sauce is agreeable to tinkering. For a spicy take, add a splash of hot sauce (sweet-and-heatand-sour), a pinch of red pepper flakes or some finely diced jalapeno peppers.

### Preparation:

In a small bowl, whisk together soy sauce, vinegar, hot sauce, jam and cornstarch. Set

aside. In a medium bowl, combine flour and chicken, tossing to coat. Set aside.

- In a large saute pan over medium-high, combine butter and oil. Heat until butter has melted. Add chicken and brown on all sides, about 5 minutes. Add onion. both peppers and pineapple juice.
- Saute until chicken is cooked through and onion is tender, about another 4 minutes. Add pineapple, then cook until heated.
- Stir in soy sauce mixture 4 and cook, stirring constantly, until thickened, about 2 minutes. Spoon chicken, vegetables and sauce into rolls

### THE CANADIAN PRESS

• 30 ml (2 tbsp) apricot or halved and thinly sliced

- 15 ml (1 tbsp) cornstarch
- 30 ml (2 tbsp) all-purpose
- 750 g (1 1/2 lb) boneless, skinless chicken breast, cut
- 15 ml (1 tbsp) olive oil
- into 2.5-cm (1-inch) chunks 30 ml (2 tbsp) butter
- 1 large yellow onion,
- 1 large red bell pepper
- 1 large green bell pepper,
- cored and thinly sliced 250 ml (1 cup) chunk
- pineapple • 125 ml (1/2 cup) of the canning juice
- Salt and pepper
- Four 15-cm sub rolls THE CANADIAN PRESS

### Help us to overcome ovarian Ovarian Cancer cancer Join us on September 12th for the Winners Walk of Hope.

winnerswalkofhope.ca • TOLL-FREE 1.877.413.7970



## Fairly Easy Milk Chocolate Fudge

You'd be hard pressed to find an easier fudge recipe. And using Fair Trade chocolate makes it that much sweeter!

### Milk Chocolate Fudge **Ingredients:**

- 4 1/2 100-gram Cadbury Dairy Milk bars (1 pound total), chopped
- 1 14-ounce can sweetened condensed milk
- 1/2 stick (1/4 cup) unsalted butter
- 1/2 teaspoon salt (optional)

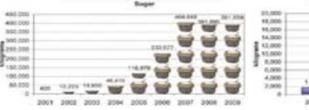
### **Preparation:**

- Line the bottom of an 8inch square baking pan with wax paper.
- Heat all ingredients in a double boiler (or metal bowl in a pan of simmering water), stirring until
- Pour into baking pan and refrigerate until firm (at least 4 hours or overnight). Cut fudge into 1-inch squares and enjoy chilled.

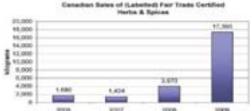


### Fair Trade

By the Numbers Despite having taken a hit by the recent economic downturn, interest in-and purchases of-Fair Trade staples has gained popularity in the past few years. Here are just a few of the recent numbers from TransFair Canada:



Camerium Sales of (Labelled) Fair Trade Certified







## A green thumb heals the blues

◆ The usual treatment of depression is either pills or psychotherapy
 ◆ However, U.K.-based charity
 Thrive believes in using gardening as an alternative therapy



Cathy Rickhuss worked as a therapist for eight years before she became head of the Training and Education division at Thrive.

"Gardening is about the inter-connectedness humans have with nature, it's a living medium," she says. "Thrive works with people with a range of disabilities and gardening is an alternative therapy that brings profound physical and physiological change in them."

A recent study, carried out by Thrive and the University of Loughborough, established that therapeutic horticulture promoted better health, well-being and social inclusion. The study Growing Together highlighted the changes in behaviour and attitude that can occur if people are exposed to outdoor life and activities.

"The psychological benefits of gardening are huge. Self-esteem and confidence are boosted, as is body posture and demeanour," Rickhuss says.

Thrive gives people the chance to obtain gardening qualifications and for some this is the first and only they will get in their lives. People suffering from a mental health disorder often live in isolation and gardening forces them to interact and get out of their shell,



eventually stepping outside their comfort zone.

Rickhuss recalled one memorable success: "He was in his 40s, selfemployed and with a family to support. After a severe stroke he suffered paralysis down one side of his body and used a walking stick.

"When we first met at Thrive I was faced with someone angry at life. Over a period of six years he improved slowly but surely and if you speak to him today and he'll tell you that there's no such thing as 'can't.' Gardening was his lifeline."

Sue Stuart runs the Battersea Garden Project in London, helping create beautiful gardens.

"Gardening is a tool used to achieve other lifechanging outcomes. It's relatively easy to grow something and experience success over failure," she explains.

The University of Bristol research seems to back this up, indicating that gardening can boost serotonin levels in the brain.
Plants have the ability
to stimulate our senses of
touch, sight, smell and

even hearing.

"If you are working with a mentally ill patient who is withdrawn and needs to be stimulated, then you would use an invigorating plant such as lemon balm," Stuart says. "However, if the patient is suffering from autism then you would choose a calming plant such as lavender to bring down anxiety levels."

"Patients must be able to achieve the task and work towards an aim. Someone with a visual impairment should be growing yellow flowers, as that is the last colour to leave our sight spectrum," Stuart says.

"A deaf person cannot hear the wind blow so we make them work with plants with movement. They may not be able to hear the wind but it gives them the sense that it's moving which is comforting"











### LINDSAY SEND YOUR QUESTIONS TO QUEENOFGREEN@METRONEWS.CA FOR MORE GREAT TIPS, VISIT THE DAVID SUZUKI FOUNDATION AT DAVIDSHZIJKI ORG

### DON'T FLUSH MEDS

QUESTION: What's the best way to get rid of old medications?

Alex. Edmonton.

time you find yourself decluttering the medicine cabinet, make sure you don't flush old

The next

medications down the toilet and don't throw them in the garbage either. The safest way to dispose of old medications and overthe-counter health care products is to take them back to your local pharma-

Flushing unused or expired prescription medica-tions down the toilet or throwing them in the garbage means they'll eventually find their way into our streams and rivers - also known as our drinking water. Not only will you be eliminat-

MIEV

ing the risk of an accidental poisoning in your home, but you're also playing a role in keeping our oceans and landfills free of pollution.

QUESTION: Do I need to worry about toxic ingredients in sunscreens and what's the safest sunscreen to use?

### Julia from Halifax, N.S.

Unfortunately, there are chemicals of concern in sunscreens. Four substances commonly found in chemical sunscreens - parabens, cinnamate. benzophenone and camphor derivatives — are thought to be the culprits killing coral reefs around the world. Yikes.

This summer, choose a sunscreen without parabens. You might also see related ingredients on the label like methylparaben, butylparaben, propylparaben. All are widely used in cosmetics as a synthetic preservative; they are easily absorbed by skin and should be avoided. What's concerning is parabens are suspected of interfering with hormone function. Some evidence suggests that parabens mimic estrogen and studies suggest a possible association between parabens and breast cancer.

# Green ideas for your , office



Clear your head, your conscience and your carbon footprint in one go.

### GO ELECTRIC

Technology is here for a reason so digitalize and dematerialize as much as possible. Emails, invites, calendars and files can all be saved onto your computer rather than on paper. Back all information on an external hard drive — as much as we love technology, computers do tend to crash and burn when loaded with too much information.

### PAPER

Print only if you must as most of the time you can read and make changes directly on the screen without printing. When you do print, choose the double sided setting, which will print on both sides instead of just one. When re-stocking, go for recycled paper.

### LIGHTS

Switch off all lights when you leave the office, especially desk lights that are smaller yet easily forgettable, but still powerful. Switch to LED (light emitting diode) bulbs, which are more efficient and save than traditional ones.

### **FURNITURE**

Choose office furniture (desks, chairs, filing cabinets) made from sustainable wood, recycled metal and non-toxic waste.



### **COMMUTE**

Public transport (bus, subway, train, car) is over crowded and stressful. It also contributes to your carbon footprint as thanks to the toxic fumes emitted throughout the journey. If the work home distance and weather allows for it, either ride your bike or walk into work. It's a healthier and cheaper option with minimal impact on the environment.

### **DRESS RIGHT**

Summers are warm and winters cold- fact. Dress appropriately in order to not turn the heater or air

Over 1700 km driven so far. Zero emissions released. Follow this historic tour online at CleanAcrossCanada.ca conditioning on full blast

**▲**MITSUBISHI MOTORS

FATON

**CLEANACROSSCANADA** 

as soon as you step foot in the office. Bring an extra jumper or pair of tights to cozy up in the cold and if it's too hot, buy a water spray or small fan.

### RECYCLE BINS

Have one main recycling bin where everyone can throw in paper, cardboard and plastic waste. Place it somewhere obvious and of easy access so it cannot be avoided.

### **SWITCH OFF**

Leaving your computer on over night will eventually burn out its battery light and is simply not necessa-

### **Green ideas**

We're on day 7 of 28 as the Mitsubishi

i-MiEV makes its way across the country!

### SHANTY CHIC POTS IN BRAZIL

has launched a collection of household items made form recycled materials. "I was inspired by the look of beaten up and used pans that are also used as a musical instruments at Brazilian carnivals," says owner Brunno. The collection was also drawn to the country's favelas (shanty towns), where people also use odd bits and pieces, including aluminum

Brazil based Jahara studio



pots and tins, as musical instruments. In 98 per cent of the aluminum in Brazil is recycled, and the collection features lampshades, pots and plates made from the material. Jahara's recycled aluminum is 30 per cent

stronger than it would be new thanks to an anodizing process, which also gives the end product a unique texture and vivid colour. brunnoiahara.com O ROMINA MCGUINNESS/ METRO WORLD NEWS



### **Staying** sane when working late

• Get a good sleep, try to nap often and avoid sunlight Night shift workers face increased health risks

When the clock resets. that's when that other set clocks in: The nocturnal underclass of twilightshift zombies who pull midnights to mornings. often graze out of a gas station snack rack, shed friends like muscle mass, and suffer weeks without savouring a vegetable.

It's with morbid accuracy that society nicknames that the graveyard shift. Brave souls who bear it brook all manner of health risks, which Brown University chronobiologist Katie M. Sharkey enumerates: "Increased breast cancer, heart disease, fertility problems, gastrointestinal distress, and definitely more substance abuse, in groups that you wouldn't even think, like nurses drinking coffee after 5 a.m., then using alcohol to try and sleep.

Adjust your inner timepiece, though, and your graveyard shift need not carry a graveyard sentence: Start by adopting a vampiresque revulsion towards the sun.

"Light is the most potent time-giver to our bio-logical clock," Sharkey explains. "Protect yourself from exposure, particularly when traveling home in the morning."

Then, with lead drapes blackening yours windows, go right to bed: no Facebook, no Cheerios, no Good Morning America.

"The closer you go to

"An afternoon nap prior to the first night or a run of night duty is clearly advisable." CHRONOBIOLOGIST

TIMOTHY MONK

bed to your natural sleep time, the more likely you'll get good sleep," she advises.

Ear plugs, eveshades, an understanding family, a phone on vibrate, and a doorknob dangler Night Shift Worker: Don't Disturb 'Till 4 - can as-Sharkey recommends.

So can smoother transitions. Come weekends, all too many nocturns backslide to a sunshine schedule when they'd slumber sounder half-measuring a 3 a.m. bedtime.

"Naps can be of signifi-cant benefit," Chronobiologist Timothy Monk suggests. "An afternoon nap prior to the first night or a run of night duty is clearly advisable.

Take your health seriously

The safety of others may rest on your slumber patterns. The very people who come out at night. Sharkey notes, are the cops, nurses, and 911 tellers who rely on splitsecond decisions: instincts, she warns, that are denatured by night shift. OMETRO

# for coffee shops

More and more employees are passing on the cubicle and taking their work to other locations • Companies realize a cost savings

More and more people are dropping the desk gig for better office outfit. In fact, the widespread use of smartphones, laptops and PDAs means many don't even go into the office at all. As office work shifts, so do the work-places behind it, and businesses have begun to smarten up about the widespread potential for work outside the office.

Richard Laermer, author of 2011: Trendspotting for the Next Decade, noticed this phenomenon early on.

"Ås soon as (businesses) realized it was cheaper to not have people stay at the office, they did it," jokes Laermer, but he's right. Offices have to pay for the real estate for desks, conference rooms, lounges and kitchens.

"It's hard for companies to afford space for people when people don't really need space to work in," ȟe explains.

Working outside the office is better for employ-ees, too. When staffers aren't tied to the office to do their work, they can be more universally committed — the lines between work life and home life become blurred. Being able to work on your own terms means you can work whenever you are most productive.

Laermer says that in the alternative workplace "you think better, some-body's not looking over your shoulder (figuratively or literally), and you can choose what interruptions come to you — these are very healthy things."

The author's only concern comes from the productivity offices have through working togeth-

"It's hard for companies to afford space for people when people don't really need space to work in.' RICHARD LAERMER



### more productive

By choosing your own atmosphere, you're more likely to be productive.

er. "In order to get things done, you need to brain-

"What exactly are you doing in your cubicle that you couldn't be doing in Starbucks?" asks Laermer.

storm," he says. "How does the employer get

people to come to the office for those meetings if they don't have to?"

The latest trend is to hire a "social director that plans things for people to come into the office so they can see each other," Laermer says.

### 100,000+ physicians and dentists practise in Canada

These professionals require extensive administrative support to keep their clinics running smoothly while they treat patients.

If you are highly organized and customer service oriented, this may be the perfect career for you! The new Medical/Dental Office Administration program at Success College combines the Dental and Medical Administrative Assistant programs to prepare you for the exciting opportunities of both career paths in the same amount of time. You will be ready to begin your rewarding new profession in just 14 months, including 8 weeks of on-the-job training! Get the great career you deserve in less time than you ever thought possible.



Halifax, NS • 1-800-662-3991 halifax@thinksuccess.ca

Contact us today for your FREE information package! 1-800-662-3991 www.thinksuccess.ca

# School life on a shoestring

### Many students ready to manage finances for the first time • Grants and scholarships can save money

Thousands of young Canadian men and women are embarking on a huge change to their lives in the next few weeks as they leave home and enter university.

It's an exciting and demanding time — as stu-dents handle their own finances for the first time and make decisions on money and debt that can

"There are tons of resources available in terms of scholarships that are available for hundreds of students and it's really just a matter of applying for them.'

RYERSON UNIVERSITY GRADUATE HAILEY COLEMAN haunt or help them for years to come.

Hailey Coleman, who just graduated from Ryerson University, remembers that it was "definitely a big change, that's for sure.

"I wasn't living with my parents anymore, so for me it was really learning how to budget and how to be responsible for my money.'

Of course you can't budget and control expenses unless you know how much money is coming in. means should make it their business to find out about any available grants and scholarships - but many don't.

"They are either unaware, which is scary because high schools are supposed to instruct them in how to try and access money and they probably do but the students are still unaware," said Alan Kaplan,



a finance professor at Ted Rogers School of Management at Ryerson University.

"So yes, some are unaware and some students know that these opportunities are out there but they simply haven't explored them. Their parents took care of things until this time."

Coleman made the same mistake when she first attended Ryerson, including missing out on an entry scholarship that "would have helped out big time."

Coleman said she was lucky in having a friend who taught her how to budget, "which was huge." That meant she could

### **Budgetting** is up to you

Alan Kaplan, a finance professor at Ted Rogers School of Management at Ryerson University, said that managing finances comes down to the individual.

"It's mostly attitude,"

get a handle on what was coming in and going out and once she got in the habit of keeping her receipts and seeing what she was spending, Coleman found it amazing to see how much these things were costing.

"It was more just learning how to distribute my money properly, like how to put enough aside for food and some for rent and just shopping around for different things," she said. "I got a bike which saved

me a ton of money as opposed to buying Metro passes or tokens (for Toronto transit) every week. It was

"If you have the right attitude, you will figure out how to work ASAP, you will figure out who to speak to regarding grants, and bursaries. So I do think first and foremost it's attitude and only second is it the actual technical details.

THE CANADIAN PRESS

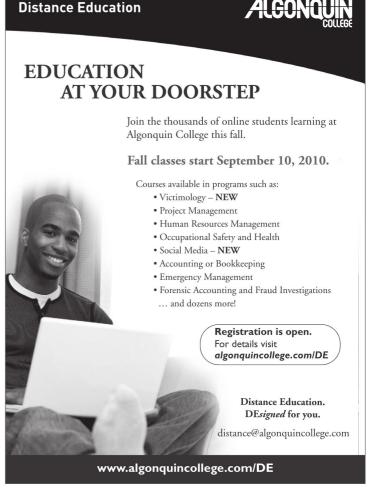
things like that I kind of learned along the way, even buying a water filter as opposed to buying bottled water. Little things along the

way (that really add up)."

One of the biggest challenges that face students is holding down a part-time job and Kaplan said this can be a bad situation for most men and women.

"I advise that unless you are a strong student, you have to recognize there is a balance, you cannot simply work 20 hours a week to support your university studies and expect to do sufficiently well," he said. THE CANADIAN PRESS





♠ Rookie centre Francis Turbide scores, assists in Mooseheads' 4-3 pre-season win over Sea Dogs ♠ Garrett Clarke and Steve Gillard also have a goal and an assist and Matthew Boudreau adds a single ♠ Gillard nets winner at 11:50 of third



# Hard work paying off



The first few days of Halifax Mooseheads training camp, rookie centre Francis Turbide couldn't buy a goal.

He was big, involved and defensively sound, just as the Mooseheads' scouting staff promised he would be on his draft day in June, but he was struggling to convert offensively despite his fair share of chances.

That all changed last night at the Forum, as the 17-year-old buried a first-period goal and assisted on another in the third as the Mooseheads edged the Saint John Sea Dogs 4-3 in QMJHL pre-season play.

"It was a little bit frustrating but when you keep working hard, good things always (happen)," said Turbide, who skated on a line with puck wizard Matthew Boudreau and rugged

### "He's played very well. A responsible, intelligent player."

MOOSEHEADS HEAD COACH AND GENERAL MANAGER CAM RUSSELL, ON FRANCIS TURBIDE.

grinder Ryan Davis.

"Even though I was missing chances (in intrasquad play), I was getting hits and working hard and it all paid off tonight."

Turbide, who averaged a point per game last season

### **Hawes traded**



➤ Tangier's Cole Hawes was traded yesterday to the Lewiston Maineiacs from the Shawinigan Cataractes for third- and fifth-round draft picks. The 17-year-old forward spent last season with the junior A Truro Bearcats.

- The QMJHL trade deadline is 11 a.m. today. Mooseheads GM Cam Russell said last night no trades had been made, but it was "too early" to rule out the possibility.
- ▶ The Mooseheads have 36 players remaining from the 45 that started camp. Of note, rookie winger Nicolas Dube, who was having a good camp, left the team to play junior A in Quebec. Goalie Philippe Magnan was cut last night.

as captain of his midget AAA team in Trois-Riviere, Que., was selected in the third round, 37th overall, by the Mooseheads, who compare him to veteran Travis Randell.

He checked in at almost six-foot-three and 185 pounds upon arrival at camp and could be the Mooseheads' checking-line centre of the future if things go well. "I'm a hard-working,

"I'm a hard-working, two-way player who can bring the offence sometimes — like tonight," Turbide said.

There aren't many forward spots up for grabs, but Turbide is doing what he can to set himself apart from a group that includes Bradley MacDonald, Dylan McGuigan and Luke Warner

"I want it so badly and I'm working my hardest to get on this team," Turbide said.

# Moose review options after IIHF denies Frk transfer

The Halifax Mooseheads are reviewing their options after the International Ice Hockey Federation denied their transfer of Martin Frk from the Czech Republic

Friday.

The IIHF ruled the third overall pick in the Canadian Hockey League import draft has a valid and binding contract with HC Karlovy Vary, making it increasingly less likely Frk will ever play for the Mooseheads.

"Today was not positive for us, obviously," Mooseheads majority owner Bobby Smith said Friday.

Smith said he can appeal the ruling to the IIHF if he has "new evidence" to present, and he has a law firm in Prague "taking a look at some different angles." If that fails, he can appeal the ruling to the Court of Arbitration for Sport.

Perhaps the most realistic option is to negotiate Frk's release directly with Karlovy Vary. But Smith said Karlovy Vary general manager Miroslav Vanek hasn't "been open to any kind of negotiation" to date.

"The player and his family want him to be playing in Halifax." Smith said.

"We'll see what happens

MATTHEW WUEST

# sports

### Hockey

Jakub Voracek
Columbus Blue Jackets right-winger
Jakub Voracek had a
hat trick as the
Mooseheads' alumni
team beat Halifax
Regional Police, featuring Mooseheads
owner Bobby Smith,
14-3 yesterday.





Yuri
Cheremetiev
Mooseheads alumni
Yuri Cheremetiev
(St. Thomas
Tommies) and Eric
Louis-Seize (Concordia Stingers) have
landed university
spots for next
season, according to
the Truro Daily
News



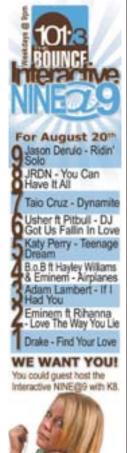
### Stevens races to victory at Lucas Oil

Mike Stevens of Riverview, N.B., won the Carquest Pro Stock Tour's Lucas Oil 100 at Scotia Speedworld on Saturday.

Shawn Tucker of Fredericton, N.B., and Wayne Smith of Timberlea were next, while John Flemming of Halifax and Greg Proude of Springvale, P.E.I., rounded out the top five.

METRO HALIFAX

# NEED MONEY? No credit checks Fast approvals 400-5620 And get cash now!! www.mynextpay.com



र्गालन के ब

## Halifax's Dalton wins bronze



Halifax's Richard Dalton was among Canada's seven podium finishes at the world sprint canoe-kayak championships in Poznan, Poland, on the weekend.

Dalton, who competed at the 2004 Summer Olympic Games in Athens, finished third in the C-1 200 metres in 39.953 seconds, in a race that featured just a one-second difference between first and sixth.

The 200-metre event is being introduced as a new discipline at the 2012 Olympics, so Dalton's success at worlds is a step toward earning his way to the Games in London.

It isn't the first world

It isn't the first world championship medal for the 31-year-old Dalton. He also won bronze in the C-1 1,000 in Zagreb, Croatia, in 2005, as well as bronze in the C-2 1,000 with Mike

Scarola in Sevilla, Spain, in 2002.

Canada won four gold, a silver and two bronze at worlds.

Dartmouth's Ben Russell came sixth in the C-2 500 with Thomas Hall of Pointe-Claire, Que., while Ryan Cochrane of Windsor and Hughes Fournel of Lachine, Que., came sixth in the K-2 200.

Worlds were held on Lake Banook in Dartmouth last year.



# Rain, rain go away: Delays hit Cup again

### ▶ Rogers Cup semis and final rained out a second straight day

Losing the final weekend to unrelenting rain capped a 2010 women's Rogers Cup that was ill-fated from the start

The semifinals — one of them still hanging on an early Caroline Wozniacki lead — were postponed from Saturday to Sunday and finally to this morning at 10 a.m. ET as rain fell on Uniprix Stadium and the players amused themselves with movies, computer games and table tennis in the players' lounge.

Wozniacki, the second

Wozniacki, the second seed, took a 2-0, 0-15 lead on 11th-seeded Svetlana Kuznetsova during a 10-minute dry spell Saturday evening, but not another point was able to be played.

Their semifinal is to be played simultaneously with the one that pits 10th-seeded Victoria Azarenka of Belarus against eighth-seeded

### What if?

A Women's Tennis Association spokesman said that if play is washed out again today, they will meet with the players, Tennis Canada and the television broadcasters to decide what to do.

Vera Zvonareva of Russia. The final is scheduled for 1:30 p.m. ET, although more rain is forecast for this morning, with clouds and isolated showers in the afternoon.

"They say, 'Now it's ready' and you start warming up and then it starts raining again," Wozniacki said of the waiting. "The weather hasn't been nice to us.

"At least I got to watch a movie — two, actually."

THE CANADIAN PRESS



### **Sweet Lou says final goodbye**

Saying his mom needs him to come home, Cubs manager Lou Piniella decided to step down after yesterday's game against the Atlanta Braves.

The 66-year-old Piniella made the announcement in a release handed out by the team. Third base coach Mike Quade was promoted to interim manager. Piniella said last month he planned to retire at the end of the season and reiterated

16 The Cubs couldn't send Piniella out a winner, playing some sloppy baseball and losing to the Braves 16-5 yesterday.

his plans just Saturday. But he missed four games in August to be with his ailing mom in Florida and felt he needed to spend more time with her. "My mom needs me home," Piniella said. THE ASSOCIATED PRESS



### Sports in brief

### Federer beats Fish in Masters

**CINCINNATI.** Roger Federer ended his mini-vacation with another Masters title.

A well-rested Federer beat American Mardy Fish 6-7 (5), 7-6 (1), 6-4 yesterday, winning the Cincinnati Masters championship. He was barely on the court all week because his opponents got hurt and his game was so good.

### Atwal wins PGA tourney

GOLF. Arjun Atwal has won the Wyndham Championship by one stroke, becoming the first Monday qualifier to win on the PGA Tour in 24 years. THE ASSOCIATED PRESS

### Crossword

### 1 Potato

5 "Gollv!" 8 Unkempt one 12 Gaelic language 13 E. Coast ocean

14 Spanish hors d'oeu-

vre

15 Cry 16 Subtract

18 Evergreen type 20 Marble cake pat-

terns 21 Lighweight pith hel-

.::.

met 23 Before

24 Grasp

28 Break suddenly

31 Eggs 32 Wicker-work willow

34 Bookkeeper (Abbr.)

35 Longings 37 Pay attention

39 "Krazy —'

41 Comic Carvey 42 9-Down's territory

45 Garden intruder

49 Assume control

51 Father (Fr.) 52 State with certainty

53 A Gershwin brother

54 Ireland 55 Conks out

56 Water barrier 57 Require

1 Stitches

2 Get ready, for short 3 Addict

4 Appoint as one's

agent

6 Greek vowel

5 Fence feature

29 Mimic

30 Cushion

7 B.P.O.E. members General Janet

8 Flight between floors 9 Noted WWI British of-

10 October birthstone

11 Howls at the moon

17 Lamb's dam 19 Silver salmon

22 Homeric epic 24 Plaything

25 "Hail!" 26 Illinois city

27 About 1/3 ounce

33 Former Attorney

36 Tools for duels 38 Occur

3.1

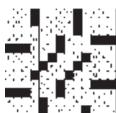
40 Uncle (Sp.)

42 Slightly 43 Sitarist Shankar

44 Eager 46 Present

47 A Great Lake

48 Tear in two 50 Historic time



For today's crossword answers

and for expanded horoscopes, ao to metronews.ca

your inner voice tells you. It

::=

### Sudoku

	4		6		8			2
				3		9		6
				1		4	8	
	1						5	4
			3		5			
8	6						7	
	8	2		5				
1		3		4				
9			2		7		4	

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

2	3	6	1	5	4	7	9	8
9	1	5	8	2	7	3	6	4
8	4	7	6	3	9	1	5	2
4	5	1	3	7	8	6	2	9
3	9	8	2	4	6	5	7	1
6	7	2	5	9	1	4	8	3
5	8	4	7	1	2	9	3	6
1	2	3	9	6	5	8	4	7
7	6	9	4	8	3	2	1	5

## Send a

Show some love! Send a note to somebody special at kiss@metronews.ca

Tami, You Light Up my Life with your Amazing Smile and Radiant Beauty. We lead busy lives yet always have time for each other n our 'Chemistry' is growing! Thank You for being in my Life, Heart and Soul!,

LOVE FROM YOUR CHEF XOXO

Aaron, You are the love of my life. I just want to thank you for being there for me through thick and thin. You are my life, my world, and my everything! I love you babe! LOVE ROB

I miss my school and lots of friends. But my friend will be attending my school this year, so I'm looking forward to it! All of my friends out there, THIS MEANS YOU!!!:) LOHL!

Said, thank you so much for everything. I don't have enough words to say how much I thank you and love you. Please be happy! XOXOXO JAPONESITA









### Today's horoscope

### ↑ Aries March 21-April 20

Changing times mean changing attitudes and changing ways of doing things and the Sun's change of signs symbolizes your need to change the habits of a lifetime

¥ Taurus April 21-May 21 One of the busiest and most enjoyable times of the year starts for vou today, and it will be more enjoyable still if you have a specific objective in mind.

II Gemini May 22-June 21 You may at times feel out of touch with what is going on around you but there is no need to worry – you're not missing much. Go your own way and do vour own thing.

Cancer June 22-July 22 The

Sun's transit of one of the more inquisitive angles of your chart makes you question everything you see and hear.

Ω Leo July 23-Aug.23 Cosmic activity in and around the area of your chart that governs what you own and what you earn means there is a lot at stake financially at the moment. Do whatever it takes to maximize profits and minimize losses.

MP Virgo Aug. 24- Sept. 22 The Sun joins Mercury, your ruler, in your birth sign today, making this the ideal time to start something new. However, as Mercury is currently moving retrograde vou must make sure your aims are realistic.

← Libra Sept. 23-Oct. 23 There

are a number of things you can do to make life easier for yourself. Start doing them now. The most important thing by far is to listen to, and act on, what

knows all the answers. M Scorpio Oct. 24-Nov. 22 lt may feel as if everyone you meet is in some way against you but it isn't true. Nevertheless, the feeling will inspire you to try even harder and prove your critics wrong. You'll enjoy

saying "I told you so."

Nov. 23-Dec. 21 You may say you don't care what other people think of you, but deep down vou care very much, and vou will care even more as the Sun crosses the midheaven angle

of your chart. You'll make a big – no, huge – impression today.

**13 Capricorn** Dec. 22-Jan. 20 An idea that meant nothing to you yesterday will mean everything to you today and you won't be happy until you have investigated it further.

Aquarius Jan. 21-Feb. 18 Generally speaking you don't spend a lot of time thinking about what makes you tick, but today you will question who you are and what you are doina in life.

)-( Pisces Feb. 19-March 20 Stop thinking about how you can get ahead of other people and start thinking about how vou can move forward toaether.



You WIN! write it! Write a funny cap

tion for the image to the right and send it to play@metronews.ca the winning caption will be published in tomorrow's





### "I LOVE THIS PAPER"

"This app is a great way to read Metro when on the go" – Real user review The free Metro Canada application is available on the App Store.

Don't have an iPhone or iPod touch? Visit m.metrenews.ca for news on the move.

metrenews.ca



**Receive** 

Book your WestJet Vacations package with Flight Centre by Sep 30, 2010 and receive up to a  $$400^\circ$$  WestJet air travel credit.

**VVESTJET** 

I 866 967 5402 | flightcentre.ca

# The Great COROLL FORMAN

ONLY 08 DAYS LEFT!

THE BEST TIME TO GET THE WORLD'S BEST SELLING CAR!

FOR 48 MONTHS

LUS CHOOSE FRO

**\$750** CASH BACK

2 12 / 48,000 M

MAINTENANCE

4 100,000 COMPLIMENTARY EXTRA CARE PROTECTION WARRANTY

ANS !

DARTMOUTH





Lease from \$199/MONTH \$0 DOWN



HALIFAX • 3575 Kempt Road • 453-2331 DARTMOUTH • 60 Baker Drive, Unit A • 464-9550 www.oreganstoyota.com

Section 2. Against from your of 21,100 includes \$2,000 increase and formula for against the particular plants in the particular plants and the parti



# SO YOU THINK YOU CAN DANCE CANADA BROADCAST SCHEDULE\*



MONDAY, AUGUST 23 Tuesday, August 24 Monday, August 30 Tuesday, August 31

MONDAY, SEPTEMBER 6
TUESDAY, SEPTEMBER 7
MONDAY, SEPTEMBER 13
TUESDAY, SEPTEMBER 14
WEDNESDAY, SEPTEMBER 22
THURSDAY, SEPTEMBER 23
WEDNESDAY, SEPTEMBER 29
THURSDAY, SEPTEMBER 30

PERFORMANCE SHOW
RESULTS SHOW
PERFORMANCE SHOW
RESULTS SHOW

PERFORMANCE SHOW
RESULTS SHOW
PERFORMANCE SHOW
RESULTS SHOW
PERFORMANCE SHOW

WEDNESDAY, OCTOBER 6
THURSDAY, OCTOBER 7
WEDNESDAY, OCTOBER 13
THURSDAY, OCTOBER 14
WEDNESDAY, OCTOBER 20
SUNDAY, OCTOBER 24

PERFORMANCE SHOW
RESULTS SHOW
PERFORMANCE SHOW
RESULTS SHOW
PERFORMANCE SHOW
FINALE

DANCE.CTV.CA

